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Winnipeg metro

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metroNEWS

BRAEDEN JONES/METRO

RCMP allege city billed with fake invoices for police HQ, former mayor received cheques

metroNEWS

Manitoba to avoid 'major' flooding risk

WEATHER

Experts forecast favourable spring thaw provincewide

Braeden Jones
Metro | Winnipeg

Flood forecasters had a sunny message for the province Monday morning, reporting "there is no major risk of overland flooding as of now."

"Conditions look very good so far," said provincial forecaster Fisaha Unduche.

After running through all of the contributing factors to overland flooding, including soil moisture, winter precipitation, frost depth and future precipitation, Unduche said levels are below normal or near normal for each of those variables in most of the province.

The Red River and Pembina River areas are showing signs of minor flood risk, and the Assiniboine River — particularly the Upper Assiniboine — is showing moderate risk.

For Lake Manitoba and Lake Winnipeg, "the risk is very minor."

He said with long-term temperatures likely to be above normal, there could be a relatively early mid-March melt.

Forecaster Steve Topping said "this is one of the most favourable forecasts we've seen" in years.

But he emphasized despite the positive outlook, the province will "prepare for the worst case, and hope for the best."

The province will meet with municipalities next week to provide detailed flood updates, and there will be a mid-March update to the outlook.

"Right now we can take some comfort this is a good year," said Premier Greg Selinger.

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Your essential daily news

What you need to know about Super Tuesday. **World**

Environment coalition urges risk assessment

PIPELINE

Group warns of impact of small leaks on water supply

Stephanie Taylor
Metro | Winnipeg

Environmental activists are calling on city officials to speed up its plan to conduct an independent risk assessment of the proposed Energy East pipeline, over fears the project could contaminate Winnipeg's drinking water.

Alex Paterson, spokesperson for the Manitoba Energy Justice Coalition, presented some of his group's findings to Monday's water and waste committee, arguing the city has too narrow a focus on where the proposed pipeline would cross with the Shoal Lake aqueduct, ignoring the surrounding watershed.

"We would like the city to study the possibility of a reroute for the pipeline because the current easement is in the worst place for long-term, small, undetected leaks," he told reporters afterwards.

According to maps provided by the group, the proposed pipeline would cross with the aqueduct, which is located close to Boggy River and Shoal Lake, near the Manitoba-Ontario border.

Members of Stop Energy East Halifax protest outside the library in Halifax on Monday, Jan. 26, 2015. More than 60 organizations are calling on the National Energy Board to suspend TransCanada's application for the Energy East Pipeline. ANDREW VAUGHAN/THE CANADIAN PRESS

But they warn any small leaks along the length of the pipeline would see contaminants from crude oil carried to homeowners' taps.

"We're really confident that if the water supply for the majority of the population of Manitoba is at risk, that (the National Energy Board is) going to have to tell this pipeline to go some other place."

Geoff Patton, city manager of engineer services, said staff are currently sitting on $1-million of previously earmarked funds to carry out a risk assessment for the project, and its potential to impact the city's water source.

> **"I'm looking at this very closely, along with every person in our department. We are evaluating it.**
> Geoff Patton

The only trouble, he explained, is finding a consultant with the proper expertise that is not also undertaking work for pipeline proponent TransCanada, as to avoid any conflict of interest.

"I'm looking at this very closely, along with every person in our department. We are evaluating it. There isn't a day that comes across my desk that I'm not talking about this project," Patton told reporters.

He added the city has applied to participate in the National Energy Board's hearing process, and that a project manager has been assigned to the file.

Although the coalition pointed out hearings could begin as early as this summer, Patton said no dates have been yet scheduled.

On Tuesday, the coalition says it will hold a press conference, calling on provincial party leaders to take an announced stance on the pipeline project.

MANITOBA HYDRO

Farmers stage protest

About a dozen farmers spent the weekend attempting to block access to a job site southeast of Winnipeg where work is underway on Manitoba Hydro's Bipole III power transmission line.

The protest near the community of Landmark began early Saturday morning and continued Sunday, with the RCMP keeping watch on what it says was a peaceful demonstration.

Tim Wiens, who owns land in the area, says the farmers took action after spotting what he calls a dirty auger being moved from one site to another as workers prepare foundations for transmission line towers.

Wiens says uncleaned augers can contaminate farmland with seeds and diseases, including some that can affect animals.

Hydro says in a statement that its contractors remain at the site.

The Crown utility also says the augers are scraped and disinfected before they're moved and that at this time of year, topsoil which could harbour contaminants is frozen and does not adhere to the equipment. THE CANADIAN PRESS

Farmers protested over BiPole III on the weekend. CONTRIBUTED

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Winnipeg

Former Winnipeg mayor Sam Katz said he received personal payments from associates of Caspian Construction, but denied any wrongdoing or conflict of interest. METRO FILE

Police accuse firm of fraudulent activities

SEARCH WARRANT

Construction biz allegedly manipulated project invoices

Braeden Jones
Metro | Winnipeg

A 51-page search warrant document accuses a local construction company of shady dealings surrounding the Winnipeg Police Headquarters (WPH).

The document, unsealed on Monday, shows the RCMP alleges Caspian Construction, Inc. misappropriated funds budgeted for the WPH and manipulated invoices while working on the project.

The papers were filed with provincial courts to obtain a search warrant before RCMP searched Caspian's offices in December 2014, after audits at city hall found red flags with the WPH project budget.

The document includes accounts from Caspian employees interviewed by the RCMP, who detail "invoicing and accounting activities that were fraudulent in nature in regards to the construction of the WPH."

None of the allegations in the search warrant document have been proven in court.

One interviewee, a former assistant with Caspian's accounts payable department, described "several incidents where invoices were charged to the (City of Winnipeg) that had nothing to do with the work being done at the WPH."

A cheque for work on a swimming pool costing "around $25,000," which was installed at the home of Caspian vice-president Shaun Babakhanian, was allegedly billed to the company.

The employee said she believed it "was getting charged to the WPH" account.

Septic-tank cleaning done for a house owned by a relative of Babakhanian was also allegedly filed into Caspian's accounting system with the file number associated with the WPH, "which seemed odd (to the employee), because the WPG did not have a septic tank."

In other cases, the document alleges how work done on the Winnipeg Transit Garage (WTG) may have been invoiced and billed to the WPH account in an apparent shell game with project budgets.

Where the WTG project had a penalty that would see Caspian pay for over-spending, "Caspian knew they would not get paid for the invoices if they billed WTG so they billed it to the WPH."

In at least one instance, the employee alleges witnessing a label with the WPH invoice code being placed on top of the WTG invoice document for photo copies.

"If there were lines on the photocopy, (an employee) whited out the lines and photocopied it again to make it appear as an original invoice," the document said.

> **Invoices were charged to the City of Winnipeg that had nothing to do with the work being done at the Winnipeg Police Headquarters.** Former accounts payable assistant with Caspian Construction, Inc.

COURT DOCUMENTS

Katz under probe

The warrant papers also identify more than one instance in which former Winnipeg mayor Sam Katz, a proponent of the WPH, allegedly received cheques from the company — one around $6,000, one "approximately $30,000."

Katz told media Monday the cheques were personal payments to him to cover things like box seats at the Winnipeg Jets that he sold, or for other events. Katz denied any wrongdoing or conflict of interest.

RCMP also interviewed an experienced forensic accountant, Linda Howes, who said she believes what the employees witnessed "may be indicators of contract fraud in relation to construction projects."

She identified "the existence of shell companies; alteration of business documents; contract costs charged to ... a separate, fixed cost project; false billings and inflated billings" as indicators of fraud. METRO

Winnipeg police say they're looking for two men over two separate reports of suspicious activity. METRO FILE

Kids report suspicious ride offers

PUBLIC SAFETY

Two accounts of aggressive men prompt investigations

Winnipeg police are investigating two reports of suspicious men approaching children.

Police said that last Thursday officers met with a 13-year-old who said that around 8:30 a.m. she had been walking in the area of McGee Street and Sargent Avenue when a man driving a grey taxi pulled up beside her, asking if she wanted a lift.

The girl told police that when she refused, the driver tried to grab her arm but she ran away.

Police describe the driver as a darker-skinned male, five-foot-10 inches tall and around 40 years old, wearing a black toque, black sweater and grey or brown pants at the time of the incident.

He is said to have a medium build with a black moustache and black beard with specks of white.

That same day, officers met with a 14-year-old who said she had been walking around the north back lane of Bannatyne Avenue W. and Cecil Street around 1:50 p.m.

She reported that a man in a black van repeatedly offered her rides but she declined and eventually ran away.

Police describe the man as bald, around age 40 and having a deep voice.

He is said to have worn a black jacket and red hat with tinted glasses.

Police describe the vehicle as a black "cargo-style" van, with barn-styled doors at the back.

Anyone with information is asked to contact police. METRO

ALEXANDER AVENUE

Third victim succumbs to injuries suffered in fire

Winnipeg police say a third person has died due to a house fire that killed two others over the weekend.

A man, 50, was one of several people rushed to hospital after a fire broke out in the 300 block of Alexander Avenue on Sunday around 2:30 a.m.

Police say four adults taken to hospital were in critical condition. The man, along with two women ages 20 and 21, died of their injuries.

Two firefighters were also injured, one of whom suffered smoke inhalation. METRO

LOTTERY

Winning tickets still lurk in pockets

Manitobans might want to take a quick look through their purses and pockets.

Two winning Lotto 6-49 tickets were sold for the $7.2-million jackpot Saturday, and one of those was sold in Winnipeg. The other was sold in B.C.

In addition, the Western Canada Lottery Corp. says more than $200,000 hasn't been claimed yet in winning lottery tickets sold in Winnipeg.

One of the winning tickets, drawn last March 31, is worth $100,000, while another is a Lotto Max ticket drawn around the same time that is worth more than $103,000.

The opportunity to cash in the winning tickets ends in March.

That's because if a prize isn't claimed within a year of the draw date, the money goes back into the pool for upcoming draws. THE CANADIAN PRESS

Dig in your wallet: A winning ticket might be lurking. METRO FILE

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Author gets graphic about city's future

Debut novel stars Winnipeg in a dark, Mad Max-style world

Nigel Moore
For Metro | Winnipeg

Writer-illustrator Matthew Dyck has seen the future and it is cold — just like Winnipeg. Actually, it is Winnipeg, as depicted in Dyck's debut graphic novel, Winterpeg. The self-published print version of the book will be launched on Tuesday at After Dark Lounge in Osborne Village.

Dyck, who is an advertising student at Red River College, describes Winterpeg as a sci-fi western.

"It takes place after a Third World War over resources, mostly fresh water," he said.

The story follows a family of three women struggling to survive in the remains of the city amidst a violent, post-apocalyptic ice age about 100 years into the future. The women are attacked by a half-dozen cannibalistic war veterans.

"The idea that the future is extremely cold and bleak was inspired by living in Winnipeg," said Dyck with a chuckle.

"People laughed when I told them I was going to call it Winterpeg. For me, that was always going to be the title."

Economic and environmental declines cause sea levels to rise, tainting the planet's fresh water supply. In a last-ditch effort to turn the tide of climate change, an experiment to change the world's atmosphere instead leaves the world desolate and frozen.

"I started thinking, what if it just kept snowing and snowing? Winnipeg doesn't have really tall buildings," said Dyck.

"If it ever got completely snowed over, you wouldn't see many of them poking up. The city would resemble a frontier town."

A digital edition is available at WinterpegComic.com.

Winterpeg depicts a post-apocalyptic Winnipeg about a century from now.
CONTRIBUTED

Selinger's still under fire

PROVINCIAL ELECTION

NDP ties hopes on premier, despite his low poll numbers

Manitoba Premier Greg Selinger told NDP troops the party is ready for the April 19 election, even as there was another sign of division within his caucus.

Selinger touted his government's achievement on the economy, the environment and other files as he spoke to 250 party faithful at a fundraiser.

The event also saw the launch of a new campaign ad, showing Selinger talking about the things the party has achieved.

"I say to you we have come a long way, but we've got a long way to go yet. The journey is never finished," Selinger told the crowd Monday.

Selinger has faced voter anger since the spring of 2013, when he broke an election promise and raised the provincial sales tax. The NDP immediately plummeted in opinion polls and has remained low ever since. Recent polls suggest Selinger is the least popular premier in the country.

Manitoba Premier Greg Selinger says the NDP is ready for the election. THE CANADIAN PRESS FILE

In 2014, five cabinet ministers went public with demands that Selinger resign in order to help the party get re-elected. They said people were angry at Selinger specifically, and would be more willing to support the NDP under a new leader.

> **Transforming that image is exceedingly difficult.**
> Paul Thomas

Selinger hung on to his job, but the leadership issue has not gone away. The Winnipeg Free Press, quoting unnamed sources, reported that backbencher Dave Gaudreau stormed out of a caucus meeting last week after telling Selinger that voters hate him. Selinger said caucus disagreements are standard fare in political life.

"Caucus is a place where people express their views," Selinger said after his speech.

"We listen, we work together, we get back as a team and go out there and work for the people of Manitoba. That's just the way it is."

Gaudreau will not be punished, Selinger added.

"I know Dave's a very good MLA. He's very committed to his constituency. We support many of the initiatives he wants to do for his community and we will continue to do that."

The NDP communications strategy continues to focus on Selinger, despite his low poll numbers.

"I guess people in the backrooms made a strategic calculation that there was no point denying the fact that the premier was hugely unpopular... and that rather than try and hide from that unpleasant fact, they would confront it head-on," said Paul Thomas, professor emeritus of political science at the University of Manitoba.

THE CANADIAN PRESS

CABINET

Health woes dog Lemieux

A Manitoba cabinet minister who was already mulling retirement has been struck by a health issue and may announce his future this week.

Premier Greg Selinger says Tourism Minister Ron Lemieux had a health concern while out of the country that has left him unable to travel home until recently.

Lemieux has not been in the legislature since the spring sitting started last Wednesday and is not available for interviews.

Lemieux, 65, had already said he was contemplating whether to run for re-election in his Dawson Trail constituency in Brandon.

He was first elected to the legislature in 1999 and has held a variety of cabinet positions, including transportation and education.

Other high-profile members have decided not to run in recent weeks, including Justice Minister Gord Mackintosh and former finance minister Jennifer Howard.

THE CANADIAN PRESS

Defund seal hunt: Anderson

ANIMAL RIGHTS

Actress says money better spent on other businesses

Pamela Anderson is hoping Prime Minister Justin Trudeau will hear her out on behalf of seals. In a letter to Trudeau, the Canadian-born actress asks him to meet her to discuss phasing out or ending federal subsidies for the East Coast commercial seal hunt.

Anderson writes in the letter obtained by The Canadian Press that Ottawa has poured millions of taxpayers' dollars into propping up the fading industry.

The honorary director of the PETA animal-rights group says the money could be better spent promoting businesses with a brighter future that would help the world see Canada as a sophisticated, enlightened country.

The former star of the TV series Baywatch is among several prominent figures including U.S. President Barack Obama and music legend Paul McCartney who have spoken out against the hunt.

With limited market options, the commercial hunt in Canada has shrunk in recent years. Hunters landed 38,000 harp seals last year, compared with 55,000 in 2014 and 91,000 in 2013.

The former Conservative government defended the hunt as beneficial for local economies, humane and well-regulated. In recent years, the federal government has invested in programs to promote seal meat in domestic and foreign markets.

Anderson wrote in her letter to Trudeau on Monday that she admires his progressive views on LGBTQ rights, his compassionate stance on the Syrian refugee crisis and his decision to name a gender-balanced cabinet.

"There's another issue that has sullied Canada at home and abroad for years, which I hope you'll address: wasteful government bailouts of the nearly extinct East Coast commercial seal trade," she wrote. "I urge you to usher in a new era of fiscal responsibility and kindness by ending federal subsidies of the commercial seal slaughter."

THE CANADIAN PRESS

Vladimir Putin and the Dalai Lama!
We all oppose the massacre of baby seals
It's time to end Canada's shameful slaughter."
PAMELA ANDERSON
FOR PETA

Pamela Anderson, seen here outside Toronto's Queen's Park in 2009 to launch a new ad campaign with PETA against Canada's commercial seal hunt, is urging Prime Minister Justin Trudeau to end federal subsidies for the hunt. TORSTAR NEWS SERVICE

IN BRIEF

Review of Canada-EU trade deal completed

The federal government says the legal review of Canada's free trade deal with the European Union has been completed — and the door is open for the pact to come into force next year. An agreement in principle was reached on the comprehensive deal, known as CETA, in October 2013. Negotiations between Canada and the 28-member EU began in 2009.

THE CANADIAN PRESS

Foster parents allege vendetta by social workers

A couple says they believe social workers in the British Columbia Children's Ministry are carrying out a "personal vendetta" against them for trying to keep a Metis toddler they've raised since birth.

The couple, who cannot be named, were in the B.C. Court of Appeal on Monday asking a judge to temporarily block the ministry from moving the two-and-a-half-year-old girl to Ontario to live with older siblings she has never met.

THE CANADIAN PRESS

IMMIGRATION

Arrival of 25,000 refugees a 'significant milestone': McCallum

Immigration, Refugees, and Citizenship Minister John McCallum says Canada has reached a "significant milestone" with the arrival of 25,000 Syrian refugees.

McCallum told a news conference at Toronto's Pearson airport today that the work continues to integrate Syrians into the community. McCallum was at the airport as the last two government-arranged refugee flights were arriving as part of the Liberals' $678-million settlement plan.

The refugee resettlement program was launched in November, after the Liberals came to power and promised to bring in 25,000 government-sponsored refugees by the end of February.

But the 25,000 Syrians that have already arrived in the country are a mix of more than 14,300 refugees assisted by the government and 8,500 sponsored privately.

An estimated 4.7 million Syrians have registered as refugees since the outbreak of the Syrian civil war in 2011, but the UN refugee agency is not seeking permanent new homes for that many.

Syrian refugees have gone to communities where there are settlement supports in place, with consideration given to whether they have family members in Canada, as well as the availability of schools, and housing, McCallum said.

THE CANADIAN PRESS

8,500

The number of refugees among the 25,000 that were sponsored privately.

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*Canadian residents who have reached the age of majority in their province or territory can enter the contest at **www.hyundaisupersearch.com** between February 13, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN$2,500.00 each, and one (1) Grand Prize of CDN$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00 PM (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com. ™/®The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.

5 THINGS TO KNOW ABOUT SUPER TUESDAY

Americans in 11 states vote today, the biggest day on the presidential primary calendar. There are a total of 1,460 delegates up for grabs — 865 for Democrats, 595 for Republicans. Here's what you need to know. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

1 Can Ted Cruz win the South?

If the Texas senator loses to Donald Trump in his home state, his candidacy is either finished or doomed. And, even if he wins, he needs at least a few other triumphs in the south to have a real path to the nomination. But with 155 Republican delegates up for grabs, Texas is truly the biggest prize.

2 How broad is Trump's appeal?

Donald Trump is leading in the south, the north, the Midwest, everywhere. He currently has 82 Republican delegates. Cruz has 17, and Marco Rubio has 16. If he manages a Super Tuesday sweep, or wins every state but Texas, we can start calling him the presumptive nominee.

3 Will Marco Rubio be a real contender?

The Florida senator has not won a single state, but he earned rave reviews and heavy coverage this week for a Trump-mocking debate performance. If that doesn't translate into strong showings, such as, say, a victory in Virginia, it is hard to see what will.

4 Can Bernie Sanders win anywhere outside Vermont?

He has his home state locked down, but he doesn't have a lead anywhere else. Without victories in some other places, such as Colorado, Minnesota or Massachusetts, which borders Vermont, his path to success will be just about closed. Sanders will be hard-pressed to win any of the southern states which are home to large numbers of black Democrats, such as Georgia and Alabama.

5 How big is Clinton's margin in Texas?

Texas will determine 222 Democratic delegates, more than twice as many as any other Tuesday state. Hillary Clinton managed a key win there during her failed 2008 campaign against Barack Obama. After her decisive win in South Carolina, she has 91 delegates, while Sanders has 65. A huge win for Clinton this time would be big trouble for Sanders.

CALAIS

Police, migrants clash in France

Makeshift huts went up in flames on Monday in an angry backlash as workers, guarded by scores of French police, began pulling down tents and shelters in the sprawling migrant camp in Calais.

Police lobbed tear gas in a brief clash with pro-migrant activists and others throwing projectiles at officers forming a security cordon to protect the tear-down.

There were no reports of injuries. At least three pro-migrant activists were arrested, authorities said.

As tension mounted, the fragile structures in part of the camp came down and heavy equipment was moved in to scoop up the rubble and junk left behind by weary migrants dreaming of a new life in Britain.

Three makeshift homes went up in flames, the fires set either by upset migrants or pro-migrant activists, according to Gilles Debove, who acts as a police spokesman. A second larger fire, apparently spread by wind, destroyed a mass of shelters.

About 4,000 people are estimated to live in the camp. The dismantling of the dense southern portion of the current camp would be the largest such operation the city has known.

THE CANADIAN PRESS

Clashes at Calais migrant camp. THE ASSOCIATED PRESS

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GRAPHIC BY METRO

Women pay more for goods: Study

MARKETING

Companies exploiting stereotypes, says professor

Should a pink razor or a purple pen cost more than a blue razor or black pen?

Known as the "pink tax" or gender-based pricing, it means women end up paying more for goods and services than men — from deodorant to cologne to haircuts to dry cleaning.

Companies are exploiting stereotypes we have in society, said Sarah Kaplan, a professor of strategic management at the Rotman School of Management. "People don't want their gender stereotypes exploited for profit," she said. "But I also think it's so embedded that change is going to really require businesses to rethink themselves."

A study by New York City's department of consumer affairs examined the prices of 800 products, with clear male and female versions. It found, on average, products for women cost seven per cent more than similar products for men. Across the entire sample, women's products were priced higher 42 per cent of the time.

Kaplan said companies are getting trickier about disguising differences, so direct comparisons are harder to make. For example, women's and men's deodorant might be priced the same, but the women's size is smaller.

She added it is difficult for governments to legislate equality, because manufacturers will make small feature changes and argue they are not the same product.

Torstar News Service visited a number of retailers to looked for items priced differently.

At Canadian Tire, children's gardening gloves with the Teenage Mutant Ninja Turtles logo sold for $6.99 compared with purple gloves with the sisters from Frozen at $7.99.

"We don't price our products based on gender," said Stephanie Nadalin, a Canadian Tire spokeswoman, in an email. "The cost differential … can be attributed to the different licensing fees."

At Shoppers Drug Mart, a two-pack of Bic For Her ball pens sold for $5.49, compared to a two-pack Bic Velocity ball pens for $2.99. Jill Johnson, a Bic spokeswoman in Connecticut, noted in an email that the two products have different features. She said the Bic for Her pens have "unique jewelled accents, embossed metal nose cones and clips, and barrel designs," while the Velocity pens do not have those features.

TORSTAR NEWS SERVICE

> "Change is going to really require businesses to rethink themselves."
> Sarah Kaplan, Rotman School of Management

'Footlong' class action settled

Subway customers can finally rest assured that their "Footlong" sandwiches will be as long as promised.

A U.S. judge last week granted final approval to a settlement of a class-action suit filed against Subway after an Australian teenager in 2013 posted an image of his sandwich on Facebook that was only 11 inches. The image garnered international media attention, with The New York Post writing that it found four out of seven Footlongs "measured only 11 or 11.5 inches."

As part of the settlement, Subway agreed to institute practices for at least four years to ensure its bread is at least 12 inches long. The judge approved $520,000 US in attorney fees and $500 US for each of the 10 individuals who were representatives of the class, but no monetary claims were awarded to potential members of the class.

THE ASSOCIATED PRESS

In 2013, an Australian teenager posted this image of his sandwich on Facebook that was only 11 inches. Subway has now agreed to take steps to ensure its bread is at least 12 inches long, including requiring franchisees to "use a tool for measuring bread."

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metro VIEWS
Your essential daily news
Tuesday, March 1, 2016

EMMA TEITEL: YOU DON'T ALWAYS HAVE TO 'ASK HER MORE'

The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.

At the Academy Awards on Sunday night, host Chris Rock was full of jokes about white Hollywood liberals, happy to donate money to progressive causes and shake hands with President Barack Obama, but unwilling to hire black actors or tell black stories (unless, it appears, those stories involve slavery, or a down-and-out African-American little league team that finds its stride under the guidance of a charismatic white coach from out of town).

But it wasn't the comic's racially charged barbs that shocked and appalled many of the perpetually slighted online: It was a joke, instead, at the expense of a popular feminist cause.

Rock made fun of Ask Her More, a celebrity-studded social media campaign (supporters include Reese Witherspoon and Shonda Rhimes) demanding that reporters on the red carpet ask female entertainers questions more intellectually rigorous than "Who are you wearing?"

Women, the story goes, are asked about their fashion choices and cosmetic prep, whereas men are asked solely about their work. Rock's apt and hilarious analysis of this supposedly sexist double standard went like this:

"They ask the men more because the men are wearing the same outfits. Every guy is wearing the exact same thing. If George Clooney showed up with a lime green tux and a swan coming out of his a–, someone would go, 'Hey, what you wearing, George?'"

Indeed they would. And yet, Ask Her More advocates shot back at Rock that he had missed the point: Nobody was suggesting a moratorium on fashion-related questions. They would simply like reporters to delve deeper when they interview women on the red carpet.

ASK HIM LESS Chris Rock is right to point out that if George Clooney wore lime green to the Academy Awards, he'd be asked about his wardrobe, too — so let's all agree to let the Oscars be superficial, Emma Teitel writes. GETTY IMAGES

But the question in my mind, one Rock did put forward, is this: Why, regardless of gender, are reporters delving deep on the red carpet at all? I'd like to propose an alternative antidote to red carpet sexism — a model of equal opportunity shallowness.

Rather than "Ask Her More," entertainment broadcasters should just "Ask Him Less."

The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.

And there are few things less interesting than sanctimonious actors droning on about the complexity of their characters or the ins and outs of their "process."

Worse still is the recent obsession with pet social causes and intellectual posturing.

Call me shallow, but I would much rather learn what a celebrity is wearing or (in Jared Leto's case) how long he spent at the salon, than listen to him regurgitate the New York Times editorial he read that morning on GMOs or drone strikes.

This doesn't mean the Oscars should be politics-free. Quite the contrary: Rock's political commentary on race was both essential and excellent. But efforts to make the red carpet ceremony itself an event of legitimate substance is ridiculous and, frankly, no fun.

There is a time and a place for pure unadulterated frivolity, and if stars want to wax poetic about their professional and political achievements rather than take their fingers for a walk through the "Manicam" (sorely missed this year), they can start a newsletter like Lena Dunham.

Taking a stand against fashion criticism is fruitless, even where such a stand makes sense.

In politics, for example, we may know it's unjust to single out women for their sartorial choices, but to Rock's point, it's extremely hard not to.

Women tend to wear interesting pieces and bright colours and men, for the most part, don't.

You may be the most enlightened progressive on Earth, but there is no PC tonic powerful enough to prevent you from reacting to Sarah Palin's infamous sequin-fringe bolero jacket — the jacket she wore on stage to endorse Donald Trump and the only thing in history that is actually louder than him.

Maybe where politics are concerned, the path to an egalitarian landscape in which women aren't criticized unduly for their fashion, is possible through the adoption of a standardized uniform.

For example, a more breathable version of the stretch-fabric jumpsuits worn by members of the U.S.S. Enterprise on Star Trek: The Next Generation would be highly comfortable and flattering on leaders of all shapes and sizes.

Just imagine Bernie Sanders battling it out at the podium with Hillary Clinton, both of them rocking the black and red spandex of Captain Jean-Luc Picard. That's what I call fashion-forward.

As for the red carpet, all's fair in love and wardrobe malfunctions.

An alternative antidote to red-carpet sexism: equal-opportunity shallowness.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

metroview

Our instinct is to look away from stories like Spotlight. Don't.

One well trodden story, about good people whose inaction clears a path for evil, won an Oscar on Sunday night.

Spotlight, the tale of how Boston Globe reporters broke a Catholic-priest sexual-abuse scandal, took home the best picture award, highlighting the need for such costly reportage just as media companies cut jobs.

The film charts the journalists' triumphs, but also underscores how many people looked the other way for so long. Priests, cardinals, the Vatican; members of Boston's Catholic community, lawyers, judges; even Globe journalists, who had been sitting on stories of priest abuse for years without much follow-up.

It's particularly ironic, then, that when I went to see Spotlight, it was by accident. I was even dreading it. We wanted light fun, but we arrived too late. As a Catholic, I shrunk from yet another story of horrific abuse and the institution that, in effect, condoned it.

Perhaps you know this feeling: of not wanting to be a witness, to instead avoid the most disturbing realities.

The urge came back on Sunday, when my Facebook feed lit up with one acquaintance's revelation — via an article on Medium.com — that he was sexually abused at only 10 and 11 years old, by a neighbourhood man.

The drive to wilful ignorance is a mark of selfishness, perhaps even nihilism — as if there was no role for me in another person's suffering. I did not click. I ignored an act of bravery. I let the link pass by. Until yesterday.

"After everything, it's still hard to say it. But every time I do, it feels a little lighter," writes Brian Kennedy. "I was sexually abused." Kennedy's pain has moved him to advocate for an end to silences. Around sex, especially when it comes to educating children. Around the emotional health of young boys, for whom macho ideals remain powerful.

As Michael Sugar accepted the Oscar, the Spotlight producer called for a chorus amplifying the voices of survivors, "a choir that will resonate all the way to the Vatican."

That only works if we see the movie. If we read the disturbing accounts of abuse. If we speak our dismay, our outrage, our solidarity with survivors. "The story of Spotlight has really just begun," Sugar told reporters backstage.

Amid this attention, it's worth remembering how many stories of suffering languish in the dark, because no one is looking for them, or someone is too afraid to speak out, or many others choose avoidance over action.

I understand why we would not want to look. But that choice is indefensible.

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MEET OUR COACHES

Mike Raimbault just completed his 6th season as head coach of the Wesmen men's basketball program. Before joining the Wesmen, he guided the UNBC Timberwolves to the Canadian College National Championship and was named Coach of the Year. Mike was also the interim head coach for the Brandon University Bobcats in 2007-08, steering his team to a 20-2 win-loss record in Canada West.

A distinguished coach with over 400 CIS career victories, **Tanya McKay** has been head coach of the Wesmen women's basketball team for 20 years. She has coached her teams to two silver and two bronze medals at the CIS Championships. An outstanding player for the Wesmen (1986-1991), she was named an All-Canadian three times. Tanya finished her career as the fourth all-time scorer for the Wesmen and was inducted into the Manitoba Basketball Hall of Fame in 2003.

Larry McKay recently completed his 27th season as head coach of the Wesmen men's volleyball program. He has lead the Wesmen to seven CIS and CIAU medals. Larry is a two-time CIS Coach of the Year (1993 and 2002) and a member of the Manitoba Volleyball Association Hall of Fame. He has also been head coach of Canada's National B team and the Canadian men's team at the World University Games.

The 2015-2016 season marked **Diane Scott's** 21st season as head coach of the Wesmen women's volleyball team. She has coached her teams to silver (2002-03) and bronze (1995-1996) medals at the CIS Championships. Diane was named the CIS Women's Volleyball Coach of the Year following the 2011-2012 season. A distinguished player with the Wesmen, she is a two-time CIS Player of the Year and a member of the Manitoba Volleyball Association Hall of Fame.

Amy Anderson has been head coach of the Wesmen women's soccer team for two years. Her extensive coaching background includes one year as the Wesmen assistant coach before taking over at the helm. Amy's resume also includes being part of the coaching staff with the Manitoba Provincial Girls team (2008-present) and an assistant with the University of Manitoba women's program (2011-2013). As a player in England, she was a member of the Bristol Rovers women's football club from 2001-2005 and represented Forest Green Rovers, Gloucester County All-Star squad.

Evan Pritchard is a Level 4 certified racquetball coach, five-time national Junior team coach and two-time National team coach.

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Vatican media praises Spotlight as giving voice to victims

BODYWEIGHT GET FIT THE MACHINE-FREE WAY

Your body may be all the gym you need. That's the theory behind bodyweight exercise, the fitness trend that will have you pushing, pulling and crawling around your living room floor. Bodyweight movements are a simple yet challenging form of unrestricted exercise. Here are some of the basics, plus a few more challenging movements **TORSTAR NEWS SERVICE**

1 Pull-ups

What it works: Back, biceps
What to do: With an overhand grip on the bar above you, pull yourself up with your arms until your chin clears the bar.
Why it's effective: This one is simple enough — get your head above that bar up there — but it can be a real burner depending on your body size.
What you'll need: A door frame with a pull-up bar.

2 Wall Walk

What it works: Chest, shoulders, core
What to do: Start in push-up position with feet against the wall, walk yourself up the wall backward into a handstand position with your feet on the wall.
Why it's effective: Bodyweight movements that mimic lifting weight above your head are less common.
What you'll need: A wall you don't mind scuffing up a bit.

3 Spider-Man Walk

What it works: Upper body, coordination
What to do: In a push-up position, move your left hand forward and bring your right knee to your right elbow, moving forward along the floor like Spider-Man himself.
Why it's effective: This is a fun, challenging push-up variation that might have you laughing at your lack of coordination skills.
What you'll need: Just a floor path to crawl like Spidey.

4 Hollow Rock

What it works: Core.
What to do: Lie on your back and use your abs to make yourself into a "bowl" shape. Hold this position or rock your body side to side or forward and back, keeping your body tight.
Why it's effective: This uses your abs in the way they're meant to be used, to stabilize your torso. The traditional sit-up uses your abs in a way they're not meant to be used, causing your spine to flex repeatedly.
What you'll need: A comfortable floor mat.

5 Scissor Lunge

What it works: Lower body: thighs, quads, hamstrings, glutes
What to do: Jump up from a lunge position, switching legs before landing softly in the opposite lunge position.
Why it's effective: You know how to squat, but the lunge is superior in that it works one leg at a time, which amps up the intensity.
What you'll need: Nothing but floor space.

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Curl like a cat with a move for your abs

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Strengthen your middle while getting a stretch, too

YuMee Chung
Torstar News Service

If your abdominal muscles are feeling as weak as a kitten, I've got just the exercise for you. It's called the "Cat Curl" and it's a fun alternative to your plain-vanilla abdominal crunch. You'll get many of the benefits of a crunch served up with a built-in counter-pose that stretches out your six-pack muscles so they grow strong, long and supple.

YuMee Chung demonstrates Cat Curl. For this pose, arch your back skyward like a Halloween cat. TORSTAR NEWS SERVICE

The Cat Curl

1. Set-up on all fours in a table-top position with your hands directly under your shoulders and knees under hips. Spread fingers comfortably wide and point toes so toenails meet the ground.

2. Take a moment to inhale deeply with the spine in a neutral position and eyes looking forward and down on a 45-degree angle.

3. Now, exhale your way into cat pose by pointing the top of your head and tailbone down towards the ground while strongly arching the back skyward like a Halloween cat. Gaze back at your thighs and press your bottom-most ribs towards the top of your pelvis to further engage your front-core musculature.

4. Challenge yourself to maintain the shape of cat pose while pushing the ground away with your hands and lifting your knees just one centimetre off the ground — the lower the better. Hold here for five determined breaths.

5. Finish by lowering the knees and using an in-breath to hammock your belly towards the ground while pulling your chin, chest and sitting bones towards the sky. Enjoy the belly stretch.

Use the cat to chase crow and crane. Cat Curls give you many of the benefits of crunches without any of the potential neck strain that can come with inadvertently yanking up on the head with the hands. Cat Curls also improve one's ability to weight-bear on the wrists, they stretch the tops of the feet and ankles and also train the shoulder blades to sit snugly against the back by strengthening an important shoulder-core muscle called serratus anterior.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

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Oscar winner eyes change in Pakistan

ACADEMY AWARDS

Dual citizen filmmaker brings honour killings to light

Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy is revelling in her Oscar win, but it's the prospect of real change in Pakistan that has her beaming.

The 37-year-old claimed an Academy Award on Sunday for her short documentary on honour killings in Pakistan, A Girl in the River: The Price of Forgiveness.

The film examines the case of an 18-year-old girl who survived a brutal attack by her father and uncle who disapproved of her husband. Obaid-Chinoy says she's heartened by reports that two people in Pakistan were sentenced Monday morning for an honour killing, an indication there might be a crackdown on the brutal tradition.

"For me, the biggest win is the fact that the issue I'm trying to highlight has gotten such a tremendous response, and it will continue to," Obaid-Chinoy said Monday morning from Los Angeles.

"This morning in Pakistan they sentenced two people ... for an honour killing, so it's already having some sort of reverberations.

"What more can a filmmaker ask for?"

Obaid-Chinoy says she celebrated her Oscar win at an after-party alongside Leonardo DiCaprio and Ben Affleck, and chatted with Mad Max star Charlize Theron and Facebook chief operating officer Sheryl Sandberg.

But she's also drawn attention from world leaders, with Prime Minister Justin Trudeau tweeting his congratulations Monday and Pakistan's Prime Minister Muhammad Nawaz Sharif declaring in a statement that "there is no place for killing in the name of honour in Islam."

He said his government is in the process of developing legislation to stop the practice.

"Women like Ms. Sharmeen Obaid-Chinoy are not only a pride for the Pakistani nation but are also a significant source of contribution toward the march of civilization the world over," Sharif said.

Rights groups estimate that about 1,000 Pakistani women are killed every year for "bringing shame" to their families.

The killers are rarely prosecuted, because Pakistani law allows suspects to avoid punishment if they are forgiven by the family of their victims, a provision based in Islamic law.

A Girl in the River is the latest in a series of socially charged investigative films from Obaid-Chinoy's Karachi-based film company SOC Film. She also won an Oscar in 2012 for the documentary short Saving Face, about acid attacks.

Obaid-Chinoy, a dual citizen who lived in Toronto from 2004 to 2015 and now lives in Pakistan, says Canada has had a big influence on her work.

"I have always admired Canada's long standing human rights and recently how Canada has handled bringing in the refugees and the resettlement process," she says. A Girl in the River: The Price of Forgiveness is set to air on HBO Canada on March 7.

THE CANADIAN PRESS

On Sunday, Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy won an Oscar for her short documentary on honour killings. THE ASSOCIATED PRESS

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JOHANNA SCHNELLER
WHAT I'M WATCHING

The wakeup call Hollywood needs

THE SHOW: The Academy Awards (CTV/ABC)
THE MOMENT: The Compton Cinema

Chris Rock interviews moviegoers in Compton, asking if they've heard of any of the Oscar nominated films. THE ASSOCIATED PRESS

Oscar host Chris Rock has taken a camera crew to a theatre in Compton. He's asking moviegoers if they've seen the nominated films. "Spotlight? Room? How about The Bridge of Spies?" he asks one woman, who keeps shaking her head no.

"You're making these movies up," she says, giggling.

"No, they're real," Rock says.

"In London?" the woman asks.

And bam, all the white folks in Hollywood saw it: If you don't care about an audience, they don't care about you.

Perhaps sensing this, the Hollywood establishment stayed away from Sunday night's show. Presenters did not include Meryl Streep, Warren Beatty, George Clooney, Ben Affleck, or Julia Roberts. Nor did we see Denzel Washington, Viola Davis, Jennifer Lopez, Rosario Dawson, Don Cheadle, Chiwetel Ejiofor or Eva Mendes. It might not have been an official boycott, but it felt like an evasion.

Instead, we got lots of presenters of colour — mainly from television, which is also Hollywood, but far more diverse: Priyanka Chopra, Abraham Attah, Dev Patel, Sophia Vergara, Kerry Washington.

Rock kept the pressure on all evening, with a montage in which actors of colour popped up in the nominated films. ("I'm the Danish Girl!" Tracy Morgan trilled hilariously, holding a danish.)

Rock's stealthiest, most subversive move, however, was this: He sent into the audience a multi-racial group of Girl Scouts. I'm not sure everyone got his message — there is nothing more American than a Girl Scout. This is what America looks like. But I bet the folks in Compton did.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

The most sought after sector in the job market

The diploma program in logistics and supply chain management at Robertson College in Winnipeg imparts the necessary skills and managerial understanding for a long-term career in the most highly sought after sector in the Canadian job market today: the supply chain sector.

This program was recently accredited by the Canadian Supply Chain Sector Council (CSCSC) under the National Accreditation Program (NAP).

"Accreditation by the Canadian Supply Chain Sector Council is a validation of the quality of the content being delivered in this program and also speaks of its industry relevance and approval," says Dr. Rajbir Singh Bhatti, PhD, supply chain management, program coordinator, supply chain management at Robertson College, Winnipeg.

"This independent, third-party assessment of the quality of this program that we offer, against national standards and also meeting the needs of the industry, confirms the robust, industry-grade program that we offer."

This unique and carefully designed program is suited for a wide spectrum of people who need the training and skills, but do not wish to attend university or college programs (or do not have the time to attend university or college level programs).

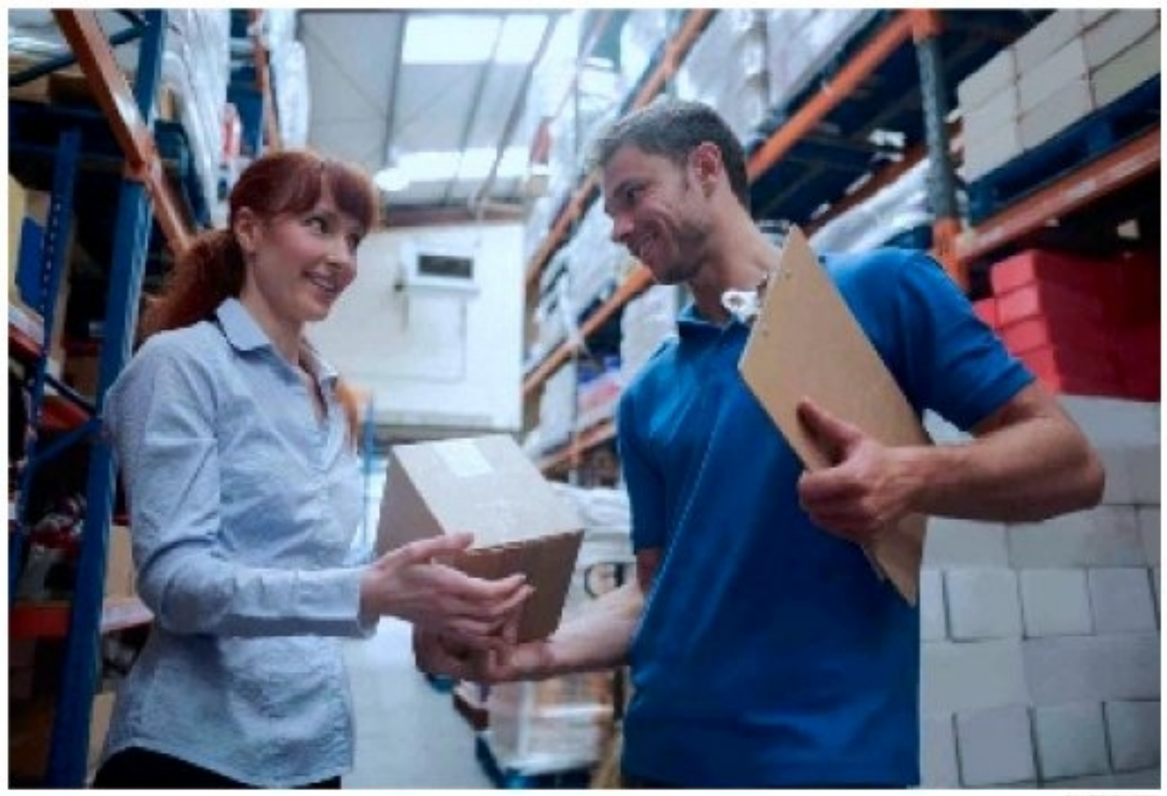
The students of this program get all the requisite skills and know-how but in a much more flexible and focused method.

"The program aims to fill the huge void in the Canadian supply chain sector for properly trained and educated workmen who can take up the challenges now and thus get to reap the benefits of skimming the job market early," says Bhatti.

"People who enter this field early, definitely stand to make significant professional growth in the next five to 10 years."

Bhatti adds that mid-career employees with certain related experience can greatly benefit by joining this program.

"At the same time, young men and women who are fresh high school graduates, can enter this highly remunerative job market by taking this program and start a lucrative job in this arena of supply chain management and logistics," says Bhatti.



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"This program is for everyone who doesn't need a university degree but has the desire to enter this highly rewarding profession."

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"PACE is a great option to keep your skills sharp because courses are taught by industry professionals — so you learn in a real-world context from those that live and breathe the content," says Stevi Dram, manager, PACE.

"Through the training you receive from the instructors at PACE, you get insider information and hands-on training, so at the end of the day you have tangible skills that you can use immediately."

Dram says PACE students typically come from a professional background, and the project work is reflective of that.

"Having the ability to put classroom work into immediate context is invaluable in learning, retaining and using knowledge," says Dram.

ISTOCK

This spring, PACE has three full-time programs available: the project management diploma, human resource management diploma and the educational assistant diploma.

There are also many part-time, online and weekend course offerings that one can take to add a specific skill, improve a current skill or work toward an entire certificate or diploma program.

"PACE has a vibrant learning environment where we encourage the sharing of knowledge through interaction and engagement," says Dram.

"In our 2015 student survey, a staggering 96 per cent of students said they would recommend PACE — that is something we are very proud of."

Some PACE students go on to incredible success and many return to PACE and pay it forward through mentoring current students, leading conversations circles, and taking part in PACE's Toastmasters Chapter.

"This proves that our students are more than students, they are our greatest asset," says Dram.

Now is a great time register because classes fill up quickly, so to avoid a wait list, Dram recommends you start planning your schedule for spring now.

Students can also begin registering for fall full-time programs.

For more information about the programs at PACE, visit pace.uwinnipeg-courses.ca.

Get a taste of a law enforcement career

CONTRIBUTED

For those who have ever wondered what a career in law enforcement might be like, the Northwest Law Enforcement Academy spring break workshop gives prospective students a sample of what training for this exciting career might be like.

Traditionally geared for high-school students looking to explore post-secondary opportunities, the workshop has expanded its scope to include people seeking careers in law enforcement.

"The workshop is a terrific opportunity to meet former Winnipeg Police, RCMP and Canadian Border Services officers who worked in such areas as homicide, intelligence and forensics, and ask them directly what a career in law enforcement is like," says Bob Mazur, new director of admissions at Northwest Law Enforcement Academy, and 35-year veteran with the Winnipeg Police Service.

The workshop will give participants an insiders perspective on a variety of subjects such as police equipment, facial identification, conducting investigations and interrogations, intro to crime scenes with emphasis on forensics, and an introduction into police firearms training from David Brown, one of Canada's foremost authorities.

Mazur further explains that typically people who are drawn to the spring workshop go on to enroll in the 650-hour diploma program offered at Northwest Academy, which provides graduates with a robust foundation in basic law enforcement and is recognized by law enforcement organizations across Canada.

Northwest Academy founded 16 years ago by past Winnipeg Police Chief Herb Stephen and has established itself as a leader in law enforcement training due to the fact that its staff are all retired former members of the RCMP, Winnipeg Police Service, Corrections and Canadian Border Services Agency.

With over 600 plus graduates over the years, Northwest has also provided law enforcement training for organizations such as the Manitoba Government, MB Liquor and Lotteries, MB Conservation and many First Nations Police organizations.

It has also recently embarked on providing evening workshops with local psychologist Dr. Douglas Tataryn on such important issues as PTSD.

The annual spring break workshop will be held on March 28th to April 1st, from 9 a.m. to 1 p.m. daily for only $99.00. To register, call 204-953-8300, or visit northwestlaw.ca.

Take fundraising role to the next level

When it comes to fundraising, there is a lot people can learn about how to raise funds effectively.

Through the fundamentals of fundraising course at the School of Continuing Education, Red River College, those in a fundraising role can learn how to take their efforts to the next level.

"The fundamentals of fundraising helps fundraisers on many levels — from the key qualities fundraisers should possess to designing and developing policies and procedures and everything in between," says Jackie Markstrom, School of Continuing Education instructor, RRC.

Intended to help organizations raise funds more effectively, the series is delivered by Red River College and the Manitoba Chapter of the Association of Fundraising Professionals (AFP) that offers a complete overview of the development function, featuring the most current information and techniques and will provide an overview of skills, techniques and program components.

The five-week fundamentals of fundraising course have been designed by experienced fundraising professionals to meet the real-world needs and challenges nonprofit organizations face every day.

ISTOCK

"This course is designed for anyone in the non-profit world who has to raise money for their organization," says Markstrom.

"It lays a foundation for best practices, outlines terms and really gives a good basis of knowledge."

Markstrom says this course will benefit individuals with zero to four years of non-profit experience.

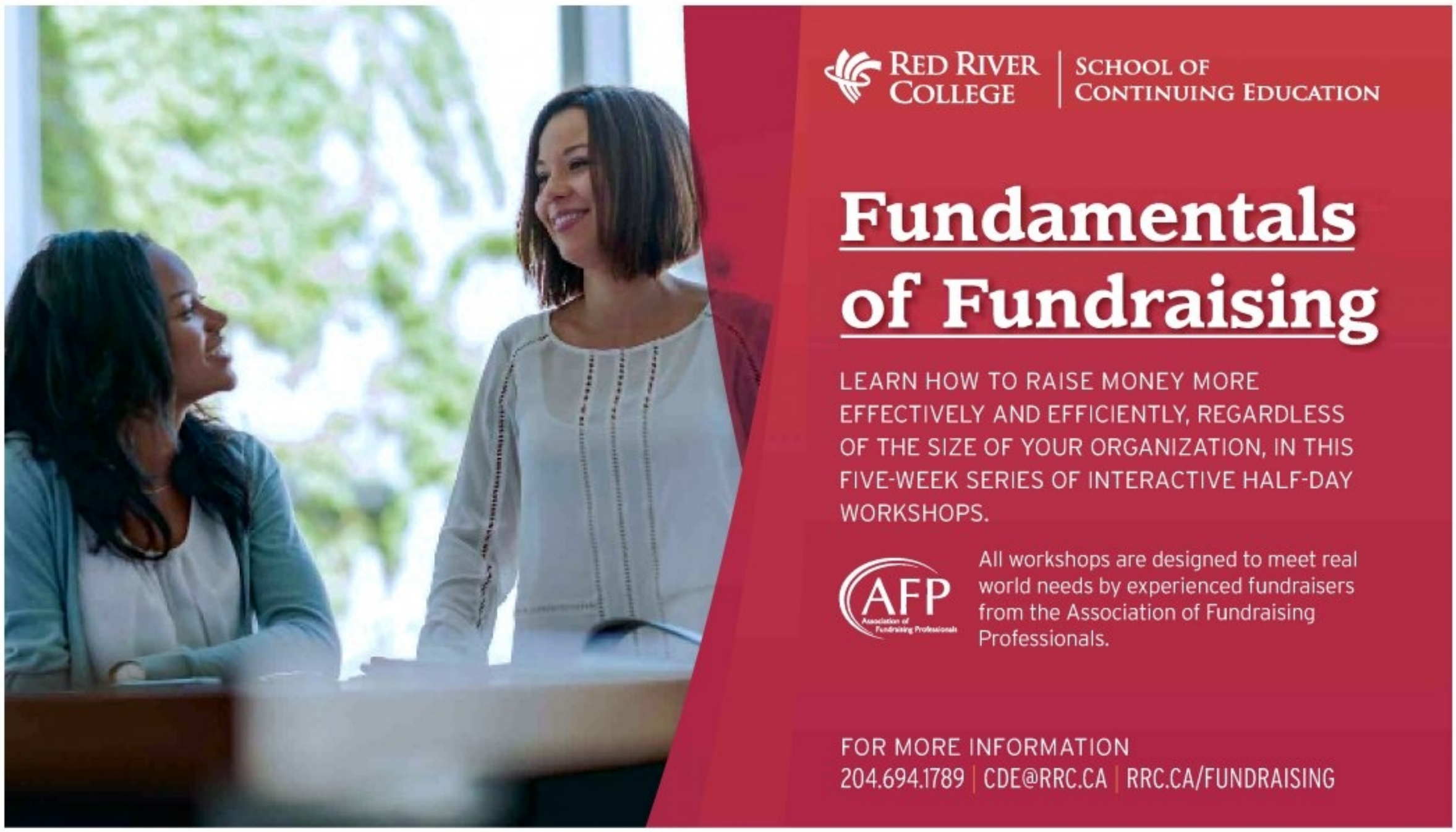
The program is taught in an active learning style and includes case studies and projects for groups and individuals, making the learning experience both substantive and enjoyable.

Students of this course will learn about a number of elements related to fundraising, including, budgets, developing a case for support, designing a development plan, identifying donors, developing relationships and making an ask.

The fundaments of fundraising starts Wednesday, May 4, and runs each week from 8:30 a.m. until 12:30 p.m. until June 1.

Participants of the course will receive a free workbook and continental breakfast is provided at the beginning of each class.

For more information about the fundamentals of fundraising course, visit rrc.ca/fundraising.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metro SPORTS

"No pain, no problem at all": Rangers ace Yu Darvish after throwing from a full-sized mound for the first time since elbow surgery

IN BRIEF

Reports: Brady, Patriots work out 2-year extension

Tom Brady reportedly has agreed to a two-year contract extension with the New England Patriots.

The deal will significantly lessen Brady's salary cap hit for 2016, which would have been about $15 million. He was due to make $9 million next season and $10 million in 2017.

Brady, 38, has said he plans to play well into his 40s. THE ASSOCIATED PRESS

Franchise tag for NFL QBs set at $19.95M

Using a franchise tag on a quarterback will cost a team $19.95 million for 2016 under the values agreed upon by the NFL and the players' union.

The next most expensive position is defensive end at $15.7 million, according to numbers made official Monday. The salary cap for next season is $155.27 million, an increase of about $12 million per team from 2015.

THE ASSOCIATED PRESS

Warriors' Green apologizes for outburst

Golden State power forward Draymond Green has apologized to his teammates, coaches and the organization for an emotional outburst during halftime of the Warriors' 121-118 overtime victory Saturday at Oklahoma City in which he reportedly yelled: "If you don't want me to shoot, I won't shoot the rest of the game."

THE ASSOCIATED PRESS

Ain't no more wear-and-tear on this body. This body (has) got to rest.

Retired boxer Floyd Mayweather who insisted on Monday that there is no chance that he will get back into the ring, even to spar.

Jets staying course with draft-and-develop plan

NHL

Optimism around team despite record

Blake Wheeler believes the future is promising for the Winnipeg Jets, even if the team's here and now is bleak.

The Jets didn't make any trades on Monday prior to the 3 p.m. ET deadline, but had defenceman Adam Pardy claimed off waivers by the Edmonton Oilers. Pardy played in 14 games and had one assist.

Blake Wheeler GETTY IMAGES

That leaves Winnipeg moving forward with a young roster that has only 56 points (26-31-4). The team also traded captain Andrew Ladd last week to the Chicago Blackhawks.

Wheeler, who leads the team in scoring with 57 points, was asked where he thinks the club is at in building a contender.

"I'm not pleased with where we're at this season in particular, obviously," said Wheeler, who may be the team's next captain. "I think I've made that very clear, but I'm not approaching it like the sky is falling. I'm still hopeful. I've got three years left here, I signed here to win, so that's my focus."

Rookie forward Nikolaj Ehlers has shone for the Jets with 13 goals and 30 points in 61 games. ELSA/GETTY IMAGES

Winnipeg is second-last in the Western Conference, only three points ahead of the Oilers.

The Jets host the Florida Panthers Tuesday in the first game of a five-game homestand.

> **You pay a little bit of a price in the short term ... but you get that back when they get that experience.**
> Jets coach Paul Maurice on having prospects develop at the big-league level

The Jets clawed their way into the playoffs last year with 99 points, the first post-season appearance since moving to Winnipeg in 2011. Even though they were swept in the first round by the Anaheim Ducks, fans hoped the momentum would carry over.

General manager Kevin Cheveldayoff said after the deadline passed that the marketplace isn't one of simple deals, but rather situations that have ripple effects on future contracts and rosters.

He noted keeping salary-cap space for pending restricted free agents such as centre Mark Scheifele and defenceman Jacob Trouba is important.

And he again stressed his draft-and-develop approach as a way to build a Stanley Cup contender.

"You don't do it through free agency, you don't do it through trade-deadline acquisitions when you're in a situation like we are in right now," Cheveldayoff said. "There really is only several ways to do it, and the tried-and-true method is through the draft."

Head coach Paul Maurice said his focus is fitting together the pieces he has, and noted the Jets are one of the league's youngest rosters.

"There's two sides of draft and develop," Maurice said. "A lot of them have already been drafted so now it's the other piece — you've got to get them games and they've (got) to play." THE CANADIAN PRESS

Deadline day a dud as major trades occur in advance

Canadian teams were the driving force behind one of the quietest trade deadlines in recent memory.

Only a handful of significant transactions were made ahead of Monday's 3 p.m. ET deadline, the most notable of which saw 26-year-old Mikkel Boedker sent to Colorado and Calgary defenceman Kris Russell dealt to Dallas.

Most of the major dealing was done in the days before the deadline, highlighted by a class of Canadian teams likely to miss the post-season collectively for the first time since 1970.

Canadian clubs all sent various expiring contracts and aging players out for future assets.

A predictable seller coming into the season, the rebuilding Maple Leafs started that process in the first week of February, dealing captain Dion Phaneuf to Ottawa in a nine-player blockbuster. They continued to jettison veteran roster pieces, moving Shawn Matthias, Nick Spaling, Roman Polak, James Reimer and Daniel Winnik in various deals that netted the club six draft picks and a prospect or two.

"I think the picks are the most important thing that we've gotten in these transactions," Leafs general manager Lou Lamoriello said after the first of two transactions with San Jose, which sent Spaling and Polak to the Sharks.

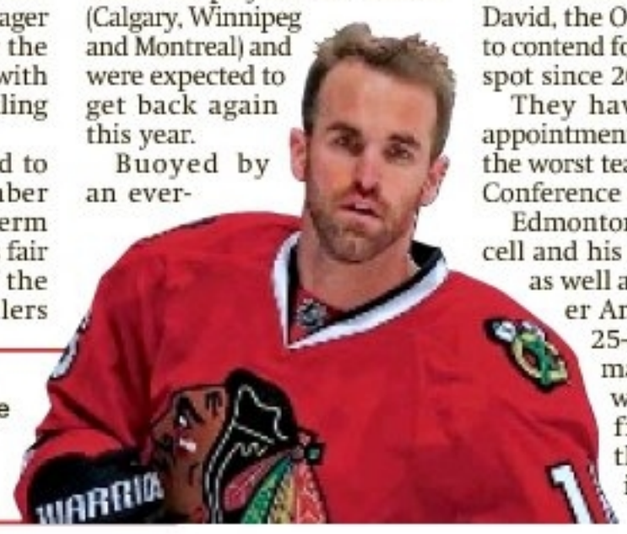
While Toronto planned to sell after signing a number of free agents to short-term contracts last summer, it's fair to suggest that none of the remaining Canadian sellers expected to be in such a position. Three of the five clubs made the playoffs last season (Calgary, Winnipeg and Montreal) and were expected to get back again this year.

Buoyed by an ever-promising group of emerging talent, which included 2015 first overall pick Connor McDavid, the Oilers were hopeful to contend for their first playoff spot since 2006.

They have proven a disappointment, though, stuck as the worst team in the Western Conference on deadline day.

Edmonton dealt Teddy Purcell and his expiring contract as well as young goaltender Anders Nilsson and 25-year-old defenceman Justin Schultz, who struggled to find his fit over three-plus seasons in Edmonton.

THE CANADIAN PRESS



The Chicago Blackhawks proved the most active team before the deadline, adding forwards **Andrew Ladd**, Dale Weise and Tomas Fleischmann, defenceman Christian Ehrhoff and minor-league goaltender Drew MacIntyre. JONATHAN DANIEL/GETTY IMAGES

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Travis is tougher after injury layoff

MLB

Jays' second baseman says mental stamina key to recovery

Injured Devon Travis still has at least a month to wait before he can return to action. LACHLAN CUNNINGHAM/GETTY IMAGES

Devon Travis took the field with his Toronto Blue Jays teammates for a pre-game stretch Monday morning. When he returned to the clubhouse, he was smiling from ear to ear.

Travis didn't play in the late-morning intrasquad game — he won't see any action for at least another month due to off-season shoulder surgery — but just being on the field was enough for him. "I'm finally getting the smile back on my face and that's a good thing," Travis said.

The second baseman missed 100 games with the lingering shoulder injury last year in his rookie season. What started as a sore left collarbone for the 25-year-old after being hit with a blocked liner off the bat of Cleveland's Brandon Moss in May spread to his shoulder and turned into a months-long issue for Travis, who underwent two separate surgeries to repair it.

"Never would've thought that would lead to all this," Travis said. "It's tough, it's so tough. That's the best way to put it — it's just been so tough. But through all of this I learned that you have to be real mentally strong to play this game."

"I got tested often mentally more so than physically. I know the shoulder will eventually get right but the hard part is to mentally continue to stay with it. Now I'm just trying to do the best I can to bring energy every single day and keep this smile on my face."

His first surgery, in late September, removed a cyst, cleaned up the area and poked around to make sure there wasn't any further damage. The second operation, in November, placed two screws in his shoulder blade.

The timing of his first procedure meant Travis had to watch Toronto's post-season run from his couch in West Palm Beach, Fla.

"That was the toughest part of the whole thing — the mental part of thinking what could have been," he said. "The team is having all this success, the city's on fire, the stadium is packed. I just wanted to be there so badly and be a part of that.

"Playoffs is what the game's about, and I was stuck sitting home on my couch watching like a fan boy." Travis began last season on a hot streak, winning AL rookie of the month honours for April after hitting .325 with six home runs and 19 runs batted in.

THE CANADIAN PRESS

TRAINING

Chris Colabello hit a two-run homer and drove in four runs as the blue team topped the grey 7-1 in the Toronto Blue Jays' intrasquad game Monday.

Colabello drove in the game's first two runs with a double off grey starter J.A. Happ in the first inning. He pitcher Pat McCoy deep in the third.

Justin Smoak, Junior Lake and Ryan Goins also drove in runs for the blue team. THE CANADIAN PRESS

IN BRIEF

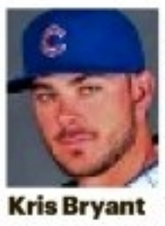
All-star Desmond signs for Texas, will play left field

Ian Desmond started his transition from one-time all-star shortstop to everyday left fielder with the Texas Rangers on Monday, when he signed his $8 million, one-year contract with the AL West champions.

Desmond played shortstop throughout his seven major league seasons, all with the Washington Nationals. The 30-year-old was an all-star in 2012 but has started only one of his 927 career games in the outfield. THE ASSOCIATED PRESS

MLB

Endorsements up next for Cub Bryant



Kris Bryant GETTY IMAGES

Kris Bryant made a huge impact for the Cubs last season as the rookie of the year helped Chicago advance to the NLCS.

Now, he has a chance to emerge as one of the faces of baseball, an ambassador for the game as well as someone who could be able to cash in on endorsements. Bryant is well aware of the possibilities.

"It certainly is nice to be thought of like that," he said. A lot of that stuff is fun. You get the chance to see companies and what they're about." Baseball is not known for producing highly paid pitchmen for commercial products, at least not since Derek Jeter retired.

Data compiled by Forbes show no MLB players among the top 50 worldwide for best-compensated endorsers in 2015. The top of the list is dominated by golf, tennis, basketball and soccer players.

THE ASSOCIATED PRESS

RECIPE Curried Pumpkin Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This warm and rich soup with its comforting hug of pumpkin will make it fine for you to wait another month or so for BBQ season.

Ready in
Prep time: 10 minutes
Total time: 40 minutes
Serves 4

Ingredients
- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 can of pumpkin purée (14 oz)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 can of coconut milk (14 oz.)

Directions

1. Warm olive oil in a large pot over medium heat. Add your onions and garlic and cook until they begin to soften. Now add all of the spices. Stir into the mix and let them cook for a few minutes.

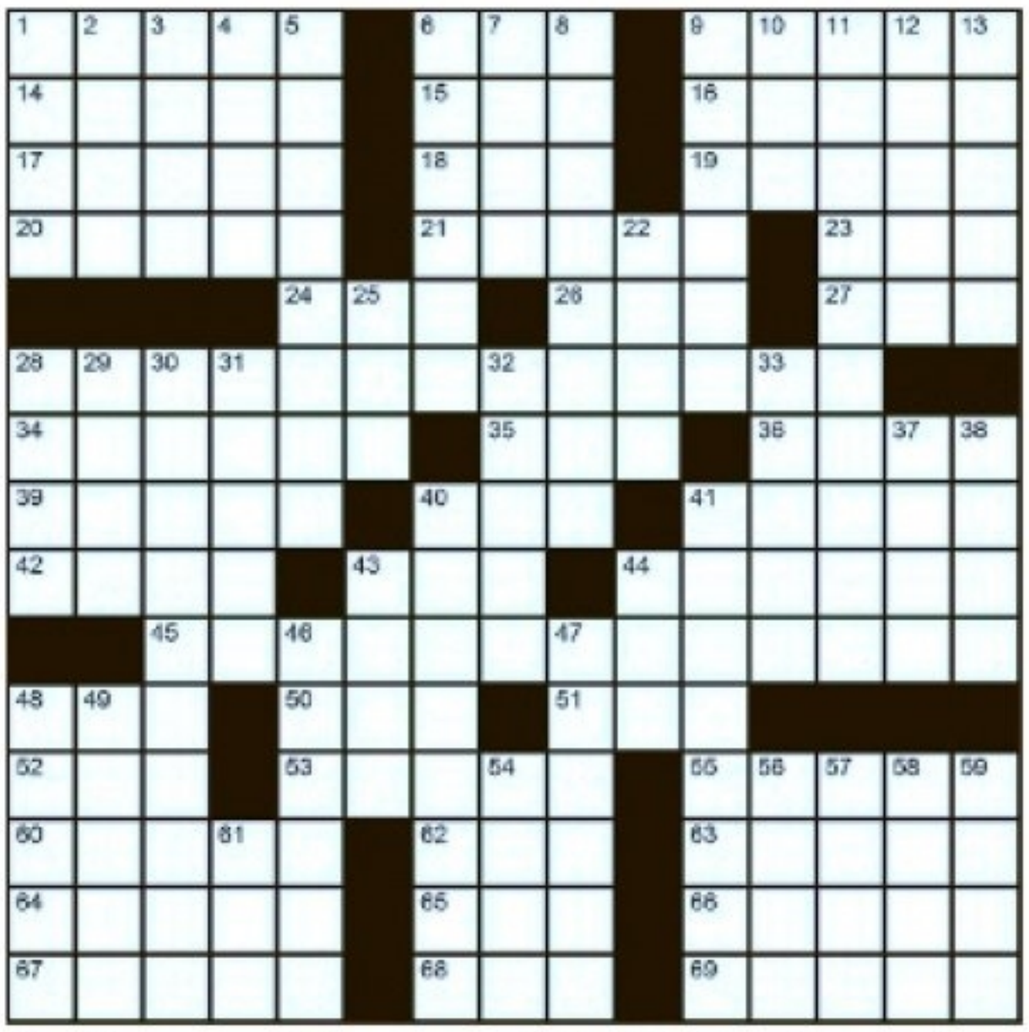
2. Add pumpkin purée to the pot and give it a mix with the onions and spices. Now add the stock, water and coconut milk. Let simmer for about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting it into the blender in batches to purée or just giving a whiz with a immersion blender. Warm again and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Lily varieties
6. Adobe file ending
9. Jason of "American Pie" (1999)
14. Anger
15. Hugs, greeting card style
16. Pursuit of Happiness' "I'm an __ Now"
17. "Sweet Love" singer Ms. Baker
18. "Voices Carry" by '__ Tuesday
19. Dinner-and-a-movie attendee, perhaps
20. "Nessun Dorma" voice
21. __ socks
23. Flight watchdog org.
24. + [abbr.]
26. Don't share any of it
27. Halt
28. Current flick about a British ski jumper who competed in Calgary's 1988 Winter Olympics: 3 wds.
34. Ms. Wiest of "Footloose" (1984)
35. Strong-__
36. Jackie Kennedy's designer Mr. Cassini
39. __ __ the desert
40. Gone by
41. Deuce-ace
42. Alike
43. Snacked on snacks
44. Shannen's role on the show Tori also starred on
45. Mark Messier, as a Stanley Cup champion in 1994: 3 wds.
48. __-12 Conference
50. Alteration site
51. Many a moon
52. Lanois' U2 co-producer
53. "All joking __..."
55. Incisions
60. Yorick, in Hamlet
62. Nuke
63. Resist the oppressers
64. "__ Coins in the Fountain" (1954)
65. Outback creature
66. Off-white
67. "Melrose Place" star Rob
68. Classified Ad Sales __ (Newspaper job)
69. Photocopy

DOWN
1. Armoured police team letters
2. White-tailed sea bird
3. Acquire
4. Norwegian who explored the Canadian Arctic, __ Sverdrup (b.1854 - d.1930)
5. 'Pointifies' pencils
6. __ Corporation (Saskatchewan fertilizer company)
7. Bump off: 2 wds.
8. Paul Bunyan, for one: 2 wds.
9. Horrible human: 2 wds.
10. Mount __ (Peak of Crete)
11. Instinctive hunch: 2 wds.
12. Collect
13. Prized violin, e.g.
22. Rich earth
25. 'Capri' suffix
28. Old Icelandic literary work
29. Actor Mr. Bogarde
30. Opportunity to state one's case: 3 wds.
31. Ludicrous
32. Gung-ho
33. Oscar-winner Sophia
37. Michael __ (The Neverending Story author)
38. Stuff
40. Mist-making perfume bottle
41. Fascinate
43. Seafaring 'sures'
44. Sibling to sis'
46. Blues and Belugas
47. Don't lose pace: 2 wds.
48. Plague, in Paris
49. Crosses of ancient Egypt
54. Helen Mirren's title
56. Exist
57. Prince __ (Alexander Borodin opera)
58. Via, to a poet
59. Charon's river in ancient Greek mythology
61. Michele of "Knots Landing"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You've come to the conclusion that there are too many things going on in your life and too many people who have a claim on your time and your energy. Perhaps you should just disappear for a while.

Taurus April 21 - May 21
The changes taking place around you are for the best in the long-term. If anyone tells you that it is all going to fall apart, demand to see the evidence. Chances are it doesn't exist.

Gemini May 22 - June 21
Believe in your own ideas and don't be afraid to stick out your neck and take a risk or two. You're on the right track, and what you are working on is meaningful.

Cancer June 22 - July 23
It will be easy for you to approach people in positions of power now, but you must not waste their time. Your proposal must be thought out because they won't be impressed if there are holes in your ideas.

Leo July 24 - Aug. 23
Ask yourself what you can do to help others. Time spent helping friends and coworkers will not be time wasted and your kind words and good deeds will have a ripple effect.

Virgo Aug. 24 - Sept. 23
You're too close to something you're working on and because of that you can't see its faults. Listen to advice from those who have done it before you. Learn from their mistakes.

Libra Sept. 24 - Oct. 23
It's good of you to think of others and to want to help those in need but you have only so much time and energy at your disposal, so put your own needs first for a change. There is such a thing as compassion fatigue.

Scorpio Oct. 24 - Nov. 22
Let partners make their own decisions and they'll discover just how difficult it is being in your position. They may, of course, cope well and decide they don't need you any more, but that's unlikely.

Sagittarius Nov. 23 - Dec. 21
Make new friends. Someone you meet will open your mind to new possibilities but don't let it open so far that you lose touch with reality!

Capricorn Dec. 22 - Jan. 20
If you want something enough you will get it. Money matters are under excellent stars at the moment, so consider taking a risk, even if everyone around you is telling you to stick with what you know and trust.

Aquarius Jan. 21 - Feb. 19
The closer you work with others over the next few days the more likely it is you will share in something that brings benefits to everyone. By pooling your efforts you will each enjoy bigger rewards.

Pisces Feb. 20 - March 20
Find yourself a place where you can be alone with your thoughts. The more you contemplate the meaning of life the more life will mean to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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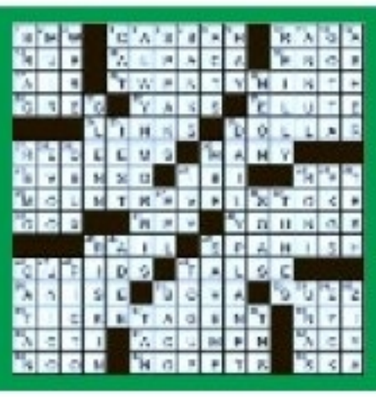

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